

Go easy on high fat spreads to slap together a healthy sandwich



LOIS THIELEKE

Sandwiches are a perfect choice when you need food fast. The Earl of Sandwich invented sandwiches in the 1780's, so he didn't have to leave the gaming table to eat. The Earl should go down in history for inventing the first fast food. Little did he know that sandwiches would catch on and the art of making healthy sandwiches is now the "in" thing to do for something to eat fast.

Don't skimp on the bread! It's an excellent source of carbohydrates. Contrary to popular myth, bread is not fattening. It's what you put on the bread or sandwich that adds excess calories. Look for

whole wheat, multigrain, rye or pumpernickel as they are a good source of fiber.

Fatty spreads

Watch out for high-fat spreads such as mayonnaise, margarine, butter or cream cheese, instead try the lower-fat substitutes.

A tasty low-fat sandwich dressing can be made with plain low-fat yogurt or blend equal parts of low-fat cottage cheese and buttermilk. Flavor with herbs and spices, mustard powder, horseradish, lemon juice, garlic or ground ginger. This dressing is sure to take the dullness out of plain mayonnaise or a plain sandwich. The best part is that it has just nine calories per tablespoon and just a trace of fat.

Sodium and fat are likely to be high in some of the traditional sandwich spreads. You can buy

low-sodium mustard and Worcestershire sauce and "lite" versions of mayonnaise and ketchup. Less-familiar condiments such as chutney, horseradish, and salsa are flavorful alternatives with few nutritional drawbacks. Some brands may contain large amounts of salt.

Mayonnaise is a high-fat condiment. It is an emulsion of oil, egg yolk and vinegar. The regular version is almost 100 percent fat. However, since it is made with liquid vegetable oil (usually soybean), mayo is not particularly high in saturated fat. Despite the egg yolks, it contains just a small amount of cholesterol, about 5 milligrams per tablespoon. Products labeled "salsa dressing," as well as "light," "diet" or "imitation" mayonnaise may contain one-half to two-thirds the calories of real mayo and less than half

the fat. In these versions, water and starch or another thickener replace some of the oil.

If you simply must have real mayonnaise, use a teaspoonful rather than a tablespoonful, or blend the mayo with plain low-fat yogurt. Flavor the yogurt with a little mustard, lemon juice and pepper for dressing in chicken or tuna salad. Tarter sauce and the "secret sauce" used on fast-food hamburgers are both mayonnaise-based. Substitute a light mayo or plain low-fat yogurt with a little chopped pickle mixed in.

Sauces

Ketchup is mainly tomatoes, but the average ketchup is 20 percent sweeter than tomatoes and contains up to 180 milligrams of sodium per tablespoon. Some brands of bottled salsa and taco sauce contain slightly less sodium

than regular ketchup, as do Worcestershire sauce and pickle relish. Most chili sauces, steak sauces, barbecue sauces and cocktail sauces have even more sodium than ketchup. The best option may be to make your own Mexican style salsa by combining chopped tomatoes, chives, onions, lemon or lime juice and spices.

Mustard's natural pungency somewhat limits the amount you use, as even a tablespoonful of prepared mustard packs a major taste wallop. If you need to watch your sodium intake, buy a salt-added mustard, or "cut the mustard" with some plain low-fat yogurt; or mix your own from dry mustard powder. Vary the strength, texture and flavor by using vinegar, vinegar or milk as the liquid.

Horseradish is fairly low in sodium but used far less than mustard or ketchup. You may wish to combine it with mustard for a sandwich spread or with plain low-fat yogurt to make a less biting sauce or dressing. Chutney is a spicy-sweet relish of fruits or vegetables with added sugar, vinegar and spices. A tablespoon contains about 30+ calories (depending on the recipe), no fat and a small amount of sodium.

Watch the mayo, margarine, butter and cream cheese! All contain fat. Go easy on condiments high in sodium such as ketchup, mustard, chili sauce and relish. Make good choices for topping off a sandwich, don't make a healthy low-fat sandwich and blow it with a high-fat, high-sodium spread.

Lois Thieleke of Birmingham is an extension home economist for the Cooperative Extension Service, Oakland County office.

Strike a healthy balance with turkey

Chunky, creamy blue cheese dressing, rich, cheesy au gratin potatoes, a slice of hot apple pie accompanied by a scoop of premium ice cream. Even with the omnipresence of nutrition information, Americans seem to be eating more and more luxurious foods, only to balance them with restraint in other eating.

Fresh turkey is an ideal balance in a decadently indulgent meal. These days, with people working harder than ever, folks feel that they deserve to treat themselves every once in a while. However, they are not willing to go "all out," as they did in the early 1980s. Today, people are splurging with caution.

Here are some recipes from Shady Brook Farms fresh turkey to try.

TURKEY CUTLETS WITH LEMON, MUSTARD AND HERB MARINADE

1/2 cup lemon juice
Zest of 1 lemon, finely chopped
1/4 cup Dijon mustard
1 teaspoon fresh thyme, finely chopped
1 teaspoon fresh basil, finely chopped
1 teaspoon fresh rosemary, finely chopped
1 teaspoon fresh oregano,

finely chopped
1 teaspoon finely chopped parsley
1 package Shady Brook Farms Fresh Turkey Breast Cutlets

Combine all the ingredients except turkey in a bowl and mix by hand with a whisk. Arrange turkey in a container and add marinade to cover as much of the meat as possible. Marinate in refrigerator for 1 hour.

In large skillet coated with cooking spray, add turkey and cook, turning once, until cooked throughout, about 4 minutes. Makes 4 servings

AU GRATIN POTATOES

2 tablespoons margarine
3 tablespoons all-purpose flour
1 1/2 cups milk
3 ounces shredded American cheese
1/2 cup grated Parmesan cheese
3 medium peeled, sliced, raw potatoes
3 tablespoons dry bread crumbs
1 tablespoon margarine or butter, melted
Preheat oven to 350 degrees. In medium saucepan, melt 2 tablespoons margarine and stir in flour. Add milk and cook until



SHADY BROOK FARMS

Splurge: Satisfy your cravings with a delicious "balanced indulgence" meal featuring healthy turkey cutlets with lemon, mustard and herb marinade, fresh steamed asparagus and au gratin potatoes.

mixture boils and thickens, stirring constantly. Stir in cheeses and potatoes. Pour into greased 2-quart casserole dish or individual casserole dishes. Combine

crumbs with margarine and sprinkle over potatoes. Cover and bake for 1 to 1 1/2 hours or until bubbly. If desired, garnish with chopped chives. Serves 4.

Alcohol-free drinks keep prom parties safe

If you want to help make your teenager's after-prom or graduation party safe and memorable, plan an alcohol-free party, as many parents and community groups are doing this year.

"Let us add pizzazz to your party with some of our great-tasting, non-alcoholic drink recipes," said Elaine M. Johnson, director of the Center for Substance Abuse Prevention, Substance Abuse and Mental Health Services Administration.

"These non-alcoholic drinks are zesty, thirst-quenching, and fun to drink. They are sure to keep party-goers coming back for more!" Try the recipes listed below and call the National Clearinghouse for Alcohol and Drug Information 1-(800) 729-6686, Ext. 5089, for more recipes.

FROSTY FRUIT COOLER

4 cups apricot nectar, chilled
2 cups pineapple juice, chilled
2 cups orange juice, chilled
1 quart (4 cups) carbonated lemon-lime beverage, chilled
1 pint pineapple sherbet
1 pint sherbet, desired flavor

In 4-quart non-metal container, combine apricot nectar, pineapple juice and orange juice; chill. Just before serving pour in lemon-lime beverage. Float scoops of sherbet on top. Serve immediately. (Serves 24)

SPARKLING TEA PUNCH

1/2 cup instant tea
2 quarts water
1 (8-ounce) can frozen limeade concentrate
1 (6-ounce) can frozen lemonade concentrate
1 (8-ounce) can frozen pineapple juice concentrate
1 pint cranberry juice cocktail

In a punch bowl, combine instant tea, water, concentrates, and cranberry juice. Just before serving, add ice. Makes 25 (8-ounce) servings.

NO-TEQUILA MARGARITA

12 ounces can thawed lemonade concentrate
12 ounces can thawed limeade concentrate
1 cup powdered sugar
4 egg whites
6 cups crushed ice
1 quart club soda
lime slices
Coarse salt (optional)

In 4-quart non-metal container, mix well together the first 5 ingredients. Cover and freeze, stirring occasionally. Remove container from freezer 30 minutes before serving. Spoon 2 cups slush mixture into blender; add 1 cup club soda. Blend until frothy. To serve, rub rim of glass with lime slice, and, if desired, dip rim in coarse salt. Fill glass. Garnish with lime slices. Serves 24.

Notice to grillers

If you've got questions about barbecuing, here's help. Weber-Stephen Products Co. is offering a toll-free hotline to answer consumers' questions on barbecuing. 1-800-GRILL-OUT.

The hotline, staffed by 16 home economists, will be open 11 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. through July 8.

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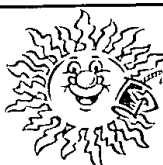
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